

YUCK LIST: Check those you are starting with....see how you're doing in a week, a month, a year!

Abdominal pain	Abscess	Aching or burning feet
Acid reflux	Acne	Adrenal exhaustion
Aging, premature	Agoraphobia	AIDS
Alcoholism	Allergies	Alzheimer's
Anemia	Anger	Angina Pectoris
Anxiety	Anxiousness	Appendicitis
Arteriosclerosis	Arthritis	Asphyxiation
Asthma	Athlete's Foot	Autoimmunity
Backache	Bacterial food-poisoning	Bad breath
Balding	Bedwetting	Belching
Bell's palsy	Beriberi	Bitot's Spots
Bladder infection	Bloating	Blood pressure (high or low)
Blood sugar problems	Blood vessel damage	Blurred vision
Body cold or hot	Body odor	Bone pain and discomfort
Bowel-related discomfort	Brittle bones	Broken bone
Bronchitis	Bruising	Burns
Bursitis	Cancer	Candida
Canker Sore	Carbuncles	Cataracts
Celiac disease	Cellular energy, poor	Chest pains
Chicken pox	Cholesterol, high	Chronic Fatigue Syndrome
Circulatory complaints	Cirrhosis of the liver	Cleansing, general
Cognitive problems	Cold, common	Cold feet
Colds, tendency toward	Colic	Colitis
Concentration, poor	Confidence, lack of	Congestion, chronic
Congestive Heart Failure	Conjunctivitis	Constipation
Corns	Coughs, persistent	Crave sweet or salty foods
Croup	Crying easily	Cuts heal slowly
Cystic Fibrosis	Cystitis	Cysts
Dandruff	Defense System, weak	Depression
Dermatitis	Detoxification	Diabetes
Diarrhea	Difficulty swallowing	Diverticulitis
Dizziness	Drowsiness	Dry mouth
Dry skin & general dryness	Dyspepsia	Ear infection
Earaches	Ears, drainage from	Eczema
Edema	Emotional instability	Emphysema
Endometriosis	Endurance, diminished	Energy, lack of
Epilepsy	Eye, inflammation and irritation	Eyes, drainage from
Eyesight, weak	Eyestrain	Fat deficiency
Fatigue	Feeling spacey or unreal	Fever
Fever Blister	Flu, tendency toward	Flush easily
Focus, lack of	Food addiction	Foot problems
Fracture	Frostbite	Fullness, feelings of
Fungus	Gallstones	Gas, stomach
Gastritis, painful or swollen	General tightness	Gingivitis
Glaucoma	Goiter	Gonorrhea
Gout	Growing pains	Gum sensitivity
Hair, falling out	Hair problems	Halitosis
Hay fever	Headache, tendency toward	Heart attack
Heart disease	Heart tone, weak	Heartburn
Hemophilia	Hemorrhage	Hemorrhoid
Hepatitis	Herpes	Hiccups
HIV	Hives	Hoarseness
Hot flashes	Hungry between meals	Hyperactivity
Hyperthyroid	Hypoglycemia	Impetigo
Impotency	Inability to make decisions	Indigestion
Infections, persistent	Infertility	Influenza

Injury, slow recovery from	Insect bites	Insomnia
Intestinal cramps	Intestinal flora, weak	Intestinal infection
Irritable or restless	Itchy skin	Jaundice
Joint pain and discomfort	Joint stiffness and pain	Joint-related stress
Kidney infection	Kidney stones	Leg cramps
Lice	Liver problems	Malnutrition
Measles	Memory loss and other simple mental malfunctions	Meniere's Syndrome
Meningitis	Menopause, discomforts of	Menstrual discomforts
Menstrual irregularity	Mental clarity, lack of	Mental illness
Metabolic efficiency, low	Metabolism, low	Migraines, tendency toward
Mineral deficiency	Miscarriage	Mononucleosis
Mood swings	Motion sickness	Multiple sclerosis
Muscle cramp	Muscle soreness	Muscle weakness
Muscle, loss of tone	Muscles, pain and discomfort	Muscular Dystrophy
Nail biting	Nail problems	Nails weak or have ridges
Nasal and sinus congestion	Nausea	Nervous weakness
Night Blindness	Night sweats	Nightmares
Nose bleeds	Nourishment, need for general	Numbness or tingling
Obesity	Organ function, decline in	Overeating
Overweight	Oxidation damage	Pain tolerance, low
Pain, general	Panic attacks	Parkinson's disease
Perspire easily	Phlebitis	Pneumonia
Poison Ivy	Poison Oak	Poison Sumac
Polio	Pollution from vehicles	Poor circulation
Poor memory	Post-Traumatic Stress Disorder	Pregnancy, difficult
Premenstrual discomfort	Premenstrual Syndrome	Prostatitis
Psoriasis	Puffy	Pyorrhea
Radiation burn	Radiation-poisoning	Rage
Rash	Rectal itching	Recuperation, slow
Recurrent Vaginitis	Reduced or increased appetite	Reduced urine
Rheumatic Fever	Rheumatism	Rheumatoid Arthritis
Rhinitis	Rickets	Ringing in ears
Salt craving	Sciatica	Scoliosis
Scurvy	Sex drive, loss of	Sexual response, weak
Shakes	Shingles	Sinusitis
Skin irritations	Skin tone, poor	Sleep, restless
Sleeplessness	Sleepy during day	Smoking addiction
Sore gums	Sore throat	Spinal Meningitis
Sprains	Stiffness	Stomach acid
Stomach discomfort, chronic	Stomach distension	Stress
Stress, head-related	Stress, mental	Stress, physical
Stroke	Sugar, craving for	Sunburn
Surgery	Swollen eyelids	Swollen glands
Syphilis	Tension, muscle	Thin or dry skin
Throat and voice weakness	Thyroid problem	Tissue repair, need of
Tonsillitis	Tooth and gum disorders	Tooth pain
Toothache	Trauma	Tuberculosis
Tumors, tendency toward	Ulcers, tendency toward	Underweight
Upset stomach	Varicose Veins	Venereal disease
Vertigo	Vision and focus disorders	Vitamin deficiencies
Vomiting	Water retention	Watery eyes or nose
Weak drive and energy	Weight problems	Weight, excess or insufficient
Worms	Wrinkles, premature	X-rays
Yeast infection		